

Counselor Referral List

Compiled as a resource to assist parents seeking counseling services by
Special Services Office of Delta County Joint School District
Updated: January, 2019

COUNSELING CENTERS

DELTA:

A kidZ Clinic: School Based Health Clinic for youth ages 0 – 21, Medicaid, CHP+, insurances, sliding scale 360 E. 8th St. Delta 81416, **874-2753** Sarah Laird, Clinic Coordinator; Brittany Aguilar, Integrated Assistant. Providing integrated medical and behavioral health services: (Sports Physicals, Dental Care, Walk-In and Scheduled Appointments during the school year and shortened summer hours).

Counselor: Maddie White, MSW., Specializations: Play Therapy, mindfulness & wellness, cognitive behavioral therapy, DBT, life skills; Groups as scheduled.

Medical Services provided by appt. Pediatric Nurse Practitioner, Sarah Young. Dental Hygienist in hire.

Midwestern Colorado Mental Health Center:

-----**24-hour hotline: 252-6220**-----

Delta Office: 107 W 11th St. **874-8981** www.centermh.org Provision of integrated complete, connected care

Montrose Office: 605 E. Miami **249-9694** Offering: Empowerment Center; family/ parenting groups and classes in practical life skills for teens to adult age (contact: [Laura Byard](#))

Bilingual Counseling (translation available by appointment)

Basic Rate: Based on income, reduced rate through Colorado Child Health Plan Plus, Medicaid & insurance

Service Providers in Delta/ One Provider in Hotchkiss (intake in Delta)

Elizabeth Dufek, MS, LPC. Regional Mngr.

Sara Palmer, MSW, Asst. Regional Mngr.

Clif Barnhart, M.D., Medical Director

Susan Butcher, Medical Care Mngr.

Physician's Assistants: Amie Hart and Josh Enevoldson

Nurse Practitioners: Dena Ridenour, Jennifer Murdock

Counselors:

Becky Benzel, MA, LPC

Laura Blair, MA, LPC

Sarah Margeson, MS, LPC

Michael Scotto, MA, ES Co-Responder

Lorri Wesson, MA, LPC

Raynee Gloden, MA, LPC: parent/child: ages 2-5

Joel Watts, MA LPCC

Psychiatry Specialists: Serving by referral through MCMHC

Dr. David Arciniegas, M.D., Dr. Richard Wallingford, M.D., Dr. Christopher Rogers, M.D.

Families Plus: (family mentoring program for at-risk children & community support) See: **familiesplus.net**

115 Grand Ave, suite 2, Delta, CO 81416 **874-0464**, Outreach Director, Kristi Hensley, Stacey Prewitt, Mngr.

Counselors: Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor

Stacey Delisle, LPC

Susan Simianer, Intensive Case Manager

Erin Gallob and Sarah Moore, Parent Partners

Dream Catcher Therapy Center

5814 Hwy 348, Olathe, CO 81425 **323-5400**

dreamcatcher.dctc.org Director: Kathy Hamm. Therapists: Erik Marsh, PhD, Mary Gnandt, LPC. Center specializes in trauma support. Therapy for kids & families in unique outdoor setting with animals (primarily dogs & horses), equine assisted psychotherapy with licensed counselors, equine assisted learning and hippotherapy (physical therapy on horses). Accepts some insurance, Medicaid, CHP+, private pay (set rate).

GRAND JUNCTION:

Associates in Behavioral Counseling

518 28 Road, Suite A207, Grand Junction, CO 81501 **245-3212**, Fax **245-3216** abccounseling.com

Basic Rate: \$65 - \$125. Accept RMHP, Medicaid, and most insurance plans

Offering Love & Logic, STEP Parenting Training, Equine assisted therapy

Bruce Bishop, PhD, LPC: Spec: Personality and Neuropsychological Evaluations, Parenting

Suzanne Goudzwaard, PsyD, LPC. Spec: Families, parenting, child/teen, Psych. testing, Play & art therapy, animal-assisted therapy, **Spanish services**

Lindsay Ishman, LCSW, LPC, LAC. Specialization: Play Therapy

Timothy Landis, LCSW. Spec: Family, child, teen. CBT, solution focused, abuse, attention, school issues

Cheri LeFevre, M Ed.,LPC. Spec.: Bulimia, Anorexia and Overeating, Children, family, adolescents.

Matthew Pettit, LMFT, ECP-P. Specializations: families, children (8 yrs +), equine therapy, Christian approach

Behavioral Health Center

3150 N 12th, Grand Junction, CO 81502 **242-5707**, **242-7245** Fax

Basic Rate: \$90 - \$150. Accepts RHMP, CHP+, & most insurance plans (no Medicaid).

Discount payment day of service.

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (2 yrs+) families

Brad Flinn, MS, LPC. Spec.: Acceptance Commitment Therapy (ACT)

Sandy Forrest, PhD RN, LPC. Psychiatric Nurse. Medical issues, Family & adolescents (15 yrs.+)

Rickelle Hicks, LMFT, CACIII. Children (3 yrs.+) and families, play therapy, abuse, trauma

Carrie Hines LCSW. Adolescent male issues (8-18 yrs.), trauma, grief, anxiety and adjustment issues.

Lyla Jensen, LPC. Spec.: trauma, EMDR, solution focused, CBT, adolescents.

Kymerly Maestas, LPC, CACIII. Children (7 yrs.+) families, trauma, sexual abuse, substance abuse, grief/ loss, adoption & blended family issues.

Gary Miller, LCSW. Families & children (10 yrs.+), Hypnotherapy

Dennis Phelps, LPC. Adolescents, marriage & families, anxiety.

Melissa Posta, LPC. Spec.: CBT, DBT, Play Therapy, PTSD, Abuse, attachment ADHD & adoption.

Kent Snowbarger, Ed.D. School Psychologist. Education issues, ADHD, Children (5 yrs.+)

Raul DeVillegas-Decker, Ph.D. **Bilingual Licensed Psychologist**. Child (3 yrs+) families.

Thomas Weir, PsyD, At-risk youth (9 yrs.+), Psych. & Neuropsychology testing

Cheryl Young, MA, LMFT. Forensic assessments (child abuse & custody) play therapy, attachment disorders (2yrs.+) & child trauma, EMDR (not accepting new patients now)

Chris Young, PhD., Clinical Psychologist. Chronic pain, trauma, biofeedback, ADHD testing, EMDR, adolescents (15 yrs+) Psych & Neuropsychology testing

MONTROSE:

Solutions Wellness Center (accepts most insurances)

2798 Woodgate Rd. Suite A / Montrose, CO 81401. (970) 249-4449. solutionsandme.com

Nicholas Taylor, PhD. Director. Provides psych. evaluations, specializes in addictions.

Laura Ickes, MS, LPC.

Whitney J. Silva, LCSW. CBT, DBT, Play Therapy, trauma issues.

Integrated Behavioral Health Provided in Local Medical Clinics

DCMH/ Family Medicine in Delta: 874-5777 and West Elk Clinic in Hotchkiss: 872-1400

Becky Ela, LCSW and Zella Harrington, LCSW

Pediatric Associates in Delta: 874-7552. Lorri Wesson, MA, LPC

River Valley Family Health Center: Clinics in Olathe: 323-6141 and Delta: 874-8981. Providers via Midwestern Mental Health (see listing above).

Surface Creek Family Practice: Cedaredge: 856-3146- Stephanie Nickel, LPC **& Delta: 874-0336-** Lendol Lawrence, LPC.

PRIVATE COUNSELORS

(Delta & Montrose Counties)

Anna Adams, MA, LPC. Infinite Solutions Counseling, 715 S 1st St, Montrose. 252-3855

Specializations: adolescents, families, anger management, parent classes. Accepts major insurances.

Tana Marie Arnold, MS, LPCC (candidate) ViewPoint Mental Health. 121 N. Park, Montrose. 279-4375

Specializations: Families w/ children & adolescents, LGBT clients, Integrated Holistic: CBT, mindfulness, solution-focus. Available evenings and Saturdays. No insurance accepted, average cost: \$85-\$90, sliding scale.

Tom Bender, LPC. 211 Grand Ave., Suite 110, Paonia. 1544 Oxbow Dr., Suite 214, Montrose.

505-681-1140. Specializations: Adolescents to teens, family and couples. Trauma recovery & mindfulness based interventions. Accepts Medicaid, major insurances, sliding scale. <https://thomasbendertherapy.com/>

Maria Call, MA, LPC, Certified Clinical Hypnotherapist. 540 Main St, Suite 110, Delta. 874-0104

Specializations: **Bilingual Counselor.** Individual, marriage, family. Anxiety, anger management, depression, ADHD, panic attacks, violence prevention. Accepts most insurance, RMHP, Medicaid, CHP+.

Erik Cooper, MA, LMFT. Western Slope Psych-Health, 543 S 2nd, Montrose. 249-2332

Specializations: individual, marriage/couples, family counseling & EMDR. Accepts Medicaid, other insurances.

Jessica Corrigan, MSW, LCSW. Bloom Child & Family Therapy. 543 S. 2nd St, Montrose. 970-533-3096

Specializations: Trauma-Focused Cognitive Behavioral Therapy, anxiety in children, art therapy, DBT. Ages 6 to adult. Coping Cats anxiety group for elementary age.

Lindsay Cusack, PhD, LCSW. 211 Grand Ave. Paonia. (312) 912-4845

Specializations: Adolescents, teens. Trauma, anxiety, depression, grief, behaviors. Accepts Medicaid, major insurances.

Mariah Emond, OTR, LPC, CACII. Great Experiences Counseling, 195 Stafford Ln, Delta. 874-2992

mariah@greatexperiencescounseling.com, cell: 901-0707

Specializations: child & family counseling, anxiety/mood disorders, substance abuse. Accepts some insurance.

Tom Friel, MA, LPC. Integrative Counseling Solutions, 326 Main St., suite 209 Delta. 216-1740, 704-5538
tfriel@sopris.net
Specializations: trauma, anxiety, EMDR, Brief-Solution Focus. Teens(ages 14–19) Cash only, sliding scale.

Peggy Godin, LPC, CACII, EMDR. North Fork Therapeutic Center, 433-5855
341 W Bridge, Hotchkiss and 115 Grand Ave, Delta
Specializations: EMDR, substance abuse, trauma, family, couples, adolescents. Accepts some insurance.

Tamara Graham, MSW. Stillpoint Therapy. 211 Grand Ave. suite 114, Paonia. 970-778-8639.
Specializations: Toddlers to Teens, Play Therapy, DBT, CBT, Trauma, Mindfulness, Parent-Child Interaction Therapy. Accepts: Medicaid, private pay, sliding scale.

Brenda K. Holland, PhD, Clinical Psychologist, Sr. Alcohol & Drug Abuse Counselor. 874-0875
115 Grand Ave, Delta
Specializations: child & adolescent treatment, family therapy, ADHD, depression & trauma recovery
Basic rate: \$60 - \$90, discount for prompt pay. Reduced rate through Medicaid and CHP+. Accepts RMHP and other insurances.

Masa Holle, MA. 223 2nd St, Paonia 433-3525 masa@tds.net
Specializations: integrative body psychotherapy, addictions, adolescent, children, couples. Flat cash rate.

Edith Johnston, PhD, LPC. How To in Life Consultants, POB 301, Delta (970) 716-1675
Base rate: \$80-\$140, Accepts most insurances, CHP+.
Specializations: Learning disabilities, TBI, Autism, trauma and adjustment. CBT & Psycho-educational.

Steve Landman, LCSW, LMFT, CACIII. 245-6624 fax: 243-0880 steve_landman@yahoo.com,
familycounselingcentergj.com 726 Colorado Ave., Grand Junction
Specializations: family counseling, alcohol and anger management, domestic violence. Therapist serving Colbran Job Corps Center.

Nichole Moorman, LCSW. 970-633-2392. Delta hours on Wed. eves.
Specializations: mindfulness classes, eating disorders, anxiety, trauma and PTSD. Teens and adolescents. Accepts Medicaid and major insurances.

Karen Dunn Pritchard, LPC, Certified Hakomi Therapist. Unfold Counseling LLC. 419 N 1st St., suite A, Montrose. 970-318-7186. Specializations: trauma, EMDR, DBT, mindfulness, art therapy. Adolescents, teens. Accepts major insurances.

Pam Schofield, MA. 543 S 2nd, Montrose. 252-0911
Specializations: life transitions – counseling & coaching, individuals & families.
Accepts no insurance. Sliding fee.

Laurence Smith, Jr., PhD, Developmental Clinical Psychologist. 856-4955
140 SW 2nd, Cedaredge (across from Post Office) lcsmithphd.com
Specializations: developmental, child, adolescent therapy. Accepts most insurances, CHP+.

Randolph Stanko, MA, LMFT. 249-5595 Hispanic/Latino affiliation.
Specializations: teens, children, families, trauma and PTSD, parenting, childhood disabilities, grief.

Patricia Van Dusen, MA, LCSW, CACIII. PO Box 3030, 219 N 1st, Montrose. 874-2581
Specializations: licensed alcohol/drug treatment agency. Anger management, vocational rehabilitation.

Carol Watson, LPC, NCC. New Directions Counseling, 1802 S Townsend, Montrose. 249-2134
Specializations: domestic violence counseling, individuals, couples.

BILINGUAL COUNSELING --- SPANISH TRANSLATION

Delta: Maria Call (874-0104) Bilingual Counselor, see private listing above.
Gd. Jct.: Raul de Villegas-Decker @ Behavioral Health Center (242-5707)
Spanish Translation for Midwestern Mental Health: Call Delta or Montrose office

AUTISM & DEVELOPMENTAL SUPPORTS

STRIVE: Audyssey Autism Supports, 950 Grand Ave. Gd. Jct., 81501. 244-5520 or 256-8658
Assessment/ Evaluation/ Intake/ Services: including ABA, sensory-processing, developmental needs.
PEAK PEDIATRIC PSYCHOLOGY, Montrose: 970-497-4921. DoriAnn Adragna, Ph.D., Ed.S.
Evaluations: Autism, Traumatic Brain Injury, cognitive, attention & emotional issues.

AREA YOUTH MINISTERS

Don Carney, Paonia Church of Christ, 314-0475. 35 yrs. experience with youth and teen support.
Jake DeField, First Baptist in Hotchkiss & N. Fork Christian Academy. 970-201-1391.
Jeff Peed, Grace Community Church of Crawford. 970-424-6419.
Rivers Church in Delta: Pastors Jason & Carmen Neely, 7 and 12 yrs. experience. Mark & Ruth Thompson, 20+ yrs. Children's Pastors. Tyler & Nicole Hines, Youth Pastors, provided crisis counseling at Delta High.
Veronica Smith, Counselor for families & couples, 20+ yrs. 874-3568. 762 Dodge. St.

AREA COUNSELING/SERVICE PROGRAMS

Emergency Hotline: 252-6220 (24 hr. line) OR 911
Delta County Health & Human Services: 874-2030
Delta County Child Protective Services: 874-2030
Tri County Resource Center (violence/abuse protections for women, men, & dependent children): 249-2486
Families Plus (family mentoring program for at-risk children & community support): 874-0464, familiesplus.net
Hilltop (support programs: prenatal, juvenile & adult, including Tandem Families) 252-7445, www.htop.org
Hope West Kids (Hospice grief support for children, including summer camps): 874-6823: Carrie Bauer
Partners (adult mentoring program for area youth): 874-4661
Rites of Passage: Residential trauma services for ages 18 yrs.& + (303) 859-7385, [aadrian@rites of passage.com](mailto:aadrian@ritesofpassage.com)
Tandem Families (family mentoring programs for at-risk children): 252-7445, www.tandemfamilies.com
Please refer to: specialservices.deltaschools.com (970-874-7607) for listings of school based programs

NATIONAL HOTLINES:

National Eating Disorders Association: 800-931-2237
National Runaway Hotline: 800-786-2929
National Resource Center on Domestic Violence: 800-537-2238

(continued next page)

Prevent Child Abuse National Hotline: 800-244-5373

Rape, Abuse and Incest National Hotline: 800-656-4673

Suicide Hotline: 1-800-SUICIDE & also 1-800-273-TALK (8255)

Text Support: 741741 (text this # for free crisis support 24/7 in U.S. w/ AT&T, T-Mobile, Sprint & Verizon)

GUIDE TO COUNSELING CREDENTIALS, LICENSES AND TYPES OF THERAPY:

Therapy Techniques:

DBT: Dialectical Behavioral Therapy

EMDR: Eye Movement Desensitization Rehabilitation

CBT: Cognitive Behavioral Therapy

Addictions related licenses:

CAC: Certified Addictions Counselor (Levels I, II, & III)

MAC: Master Addictions Counselor

LAC: Licensed Addictions Counselor

SAP: Substance Abuse Professional

Equine related licenses:

EAP: Equine Assisted Therapy Professional

ECP-P: Equine Co-facilitated Psychotherapy-Professional

LCSW: Licensed Clinical Social Worker

LPC: Licensed Professional Counselor

LPCC: Licensed Prof. Counselor Candidate

LMFT: Licensed Marriage & Family Therapist

LSW: Licensed Social Worker

NCC: Nationally Certified Counselor

MA: Master of Arts, **MS:** Master of Science

OT: Occupational Therapist

PhD: Doctoral Degree

PsyD: Psychology Doctorate

PsyS: Psychology Specialist